

# GRAFTON SENIOR GAZETTE



## *Grafton Council on Aging / Senior Center*

30 Providence Road • Grafton, MA 01519  
Phone: 508-839-9242 FAX: 508-839-7306

### *"Linking Needs with Resources"*

March 2015  
Vol. 13 Issue 3

### *St. Patrick's Day Pot of Gold BINGO*



**10:30 am—BINGO**

**11:45 am—Lunch**

Attention Grafton Seniors!!! Come play bingo and if you win a game you can pick your prize from the "Pot of Gold". Just a few examples of prizes are gift certificates, lottery tickets, etc.

Elder Nutrition will be serving Corned Beef and Cabbage, followed by a delicious surprise dessert. Suggested donation is \$2.50/pp.

Please make your reservation by Friday, March 13th by calling 508-839-9242.

**Remember to wear green!!!!**

### *Lee Bartlett Orchestra*

*Wednesday, March 11th*

**10:30 am—11:30 am**

Come sing and clap along to some Big Band Music from the Lee Bartlett Orchestra. Then stay for lunch. Elder Nutrition will be serving Pork Chow Mein. Suggested donation is \$2.50/pp.

Please call 508-839-9242 by Friday, March 6th to reserve your seat and meal.

State Representative **David Muridian** will be holding office hours at the Senior Center on Friday, March 20th from 9:00 am-10:00 am. Please stop by with your questions or concerns.



### **"Are You Taking Your Medications Correctly?"**

Pharmacist Aileen Lemoine, R.Ph. From Shattuck Pharmacy in Northboro will be at the Senior Center to talk about the importance of taking your medications correctly. She will also answer any questions you may have regarding your medications.

**Friday, March 13th @ 10:30 am**

Please call the Senior Center at 508-839-9242 to reserve a seat.

### ***What is VNA/Hospice??***

Sheila Barter, a Community Liaison for the Auburn VNA (Visiting Nurses Assoc.)/Hospice will be at the Senior Center talking about the roles of the different experts from the VNA. She will also talk about Palliative Care and Hospice. A small token will be given away to some person in the audience.

**Wednesday, March 25th @ 10:30 am**

Please sign up at 508-839-9242 if you plan on attending.

### ***"KELLEY RIDES"***

In honor of  
Bill Kelley

**FREE MARCH VAN RIDES**

In honor of Bill Kelley and through the generous donation from Dave Belezarian free van rides will be available beginning March 2nd thru March 31st for Grafton residents age sixty and older or disabled of any age. Please call 508-839-9242 at least 48 hours in advance to schedule a ride. Please remember that all medical appointments take precedence.

### **ONE ON ONE LEGAL CONSULTS**

Atty. Carolyn Spring visits our Center and provides private consultations at no charge. Please call the office to make an appointment. Thanks to Atty. Spring for her generosity.

## MEALS

### Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45am—noontime. Lunchtime is until 12:30 pm. If you would like to sign up, call 508-839-9242. **Reserve by 10:30 am two days before.** If you are in need of home delivered meals, call 508-852-3205. If you do not drive, consider taking the bus to the Center for lunch! Suggested donation is \$2.50 for those over 60 and \$5.00 for those under 60. Menu includes milk, coffee, margarine, bread and dessert. Worcester Elder Services is our agent for the Elder Nutrition Program. Bring a friend or make some at lunch. **PLEASE KNOW YOUR DONATION OF \$2.50 PER MEAL HELPS KEEP THE PROGRAM RUNNING!**

### This Month's Fare:



- Monday, Mar. 2nd .....Pork Rib-i-que
- Tuesday, Mar. 3rd.....Vegetable Cheese Bake
- Wednesday, Mar. 4th ..... Chicken Murphy
- Thursday, Mar. 5th .....Salisbury Steak
- Friday, Mar. 6th ..... Salmon Noodle Casserole
- Monday, Mar. 9th ..... Chicken Sausage Jambalaya
- Tuesday, Mar. 10th .....Meatballs w/Onion Gravy
- Wednesday, Mar. 11th ..... Pork Chow Mein
- Thursday, Mar. 12th ..... BBQ Chicken
- Friday, Mar. 13th ..... Fish w/Crumb Topping
- Monday, Mar. 16th ..... Roast Pork w/Gravy
- Tuesday, Mar. 17th ..... Corned Beef
- Wednesday, Mar. 18th Pasta Primavera w/Chicken
- Thursday, Mar. 19th .....Beef Mediterranean
- Friday, Mar. 20th ..... Cheese Lasagna
- Monday, Mar. 23rd ..... Hot Dog on Bun
- Tuesday, Mar. 24th .....Shepherd's Pie
- Wednesday, Mar. 25th .....Bacon Omelet
- Thursday, Mar. 26th ..... Chicken Cacciatore
- Friday, Mar. 27th .....Potato Crunch Fish
- Monday, Mar. 30th .....Chicken Mornay
- Tuesday, Mar. 31st ..... SalmonBoat/Dill Sauce

## CENTER PROGRAMS

**BILLIARDS**—Most anytime – except Tuesday mornings

**BLOOD PRESSURE CLINIC**—Every Thurs. 11 am

**CERAMICS**—Tuesdays 1:00 pm

**CHAIR YOGA**—FRIDAYS – 9:00 am – Free of charge for Grafton seniors thanks to FOGÉ.

**CONGRESSPERSON OFFICE HOURS**—Vary

**COUNCIL ON AGING**—Meets 2<sup>nd</sup> Thursday of every month at 2:00 pm except July and December unless otherwise posted

**CRAFTS**—Wednesdays at 9:00 am

**DAY TRIPS/EXTENDED TRIPS** Vary - See Newsletter for info- Brochure rack in Senior Center

**DUPLICATE BRIDGE**—Tues /Thurs. 9:00 am-upstairs

**FIVE CROWNS**—3:00 pm Wednesdays

**FUEL ASSISTANCE**—See Lisa Kelley for appt

**HOOKE ON BOOKS CLUB**—First Wed. of the Month - 10:30 am – noon

**JOG YOUR NOGGIN**—Fun Trivia EVERY Wed. 10:45 am- Unless otherwise noted on calendar.

**LUNCH**—Mon- Fri 11:45 am \$2.50 suggested donation – Call two business days prior by 10:30 am

**MAT YOGA**—Mondays at 9:30 am & Wednesdays at 12:30 pm. Free of Charge for Grafton Seniors thanks to FOGÉ.

**Medical Equipment Loan Closet**—crutches, wheelchairs, canes, etc.—just ask!

**MOVIE**—Last Friday of every month- 1:00 pm (off for the summer)

**NAILS-WITH SARA**—Tuesdays by appt 1-508-277-0534. Sara also does pedicures and facial hair removal.

**ORGAN SOCIAL**—Tuesday mornings at 10:00 am

**OUTREACH**—Assessing needs and linking resources – Call for appt with Lisa.

**OUT TO LUNCH**—Monthly outing to area restaurant

**PAINTING INDEPENDENTLY**—Fridays 10:00 am

**PITCH**—Mon & Tues 1:00 pm, Thursdays 6:30 pm

**RUMMIKUB**—Wednesdays 1:00 pm

**SCRABBLE**—Tuesdays at 9:30 am

**SENIOR EXERCISE CLASS**—10:30 am Tuesdays and Thursdays. Free for Grafton Seniors thanks to FOGÉ.

**STITCH AND BITCH**—Thursdays – 6:30 pm

**TAI CHI & ADV. TAI CHI**—FREE FOR GRAFTON SENIORS THANKS TO FOGÉ– Fri. 10:30 am and Adv. 11:30 am

**Tax Work Off Program**—Call Barb Connelly for more info.

**TRANSPORTATION**—Call the office for all the info!

**WHIST**—Fridays at 1:00 pm

**Wii- TV GAME EXERCISE**—Available in the TV room - almost any time!

**WRITER'S GROUP**—First & third Friday of every month at 1:30 pm

**YAHTZEE**—Thursdays at 1:00 pm

**ZUMBA GOLD**—Wednesdays at 11:10 am

**OUT TO LUNCH**

*The Old Timer Restaurant*  
*(A touch of Ireland in New England*  
*since 1929)*

**Tuesday, March 10th**

Grafton senior residents, we're headed to the Old Timer Restaurant in Clinton. The Grafton Senior Center Shuttle is taking a group of up to 14 seniors to Clinton for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$3.50/pp round trip. Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver. ☺

**March****SHOPPING TRIPS**

Here is a wonderful opportunity to get out and about to do your shopping. This month we will be traveling by our van to the following locations:

**Tues., Mar. 3rd—Target**

**Fri., Mar. 20th—Solomon Pond Mall**

**Tues., Mar. 24th—Walmart**

**Tues., Mar. 31st—Market Basket**



Please call the Senior Center to sign up as there is limited seating on the bus. Sorry, Grafton residents only.

**SENATOR MOORE'S OFFICE HOURS**

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on **Monday, March 23rd from 10:30—11:30 am**. Please feel free to stop by with your questions, compliments or concerns.

**AARP**

**TAX PREPARATION**  
**FOR SENIORS 60 AND OVER**  
**BY APPOINTMENT—FRIDAYS**

This year, AARP Foundation TX-Aid is again providing free tax assistance, preparation, and e-filing for taxpayers with low to moderate income. AARP Foundation Tax-Aid gives special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service. Taxpayers are encouraged to have the following documents when they arrive at the Senior Center to get their returns completed:

- Health insurance coverage information for taxpayer, spouse and all dependents;
- Seniors with full-year enrollment in Medicare need only to bring their SSA-1099 with them;
- All other income related documents.

Please call the Senior Center at 508-839-9242 to schedule an appointment.

**FULLY CLOTHED****TABLE MASSAGE WITH LIZ**

**Friday, March 13th—10:00 am-3:00 pm**

**\$20.00/30 min.**

By appointment and paid in advance

Come give it a try!

Call 508-839-9242 for an appointment.

Lisa Casillo, a Financial Advisor from Edward Jones will be conducting a Coffee Club Hour to discuss the economy, updates on the market, and answer any financial questions on: **Thurs., March 19th 10:00 am**

**PODIATRY**

**DR. MICHAEL J. BIANCAMANO, D.P.M.**

Dr. B. will be offering podiatry services the fourth Wednesday afternoon of every month starting:

**Wednesday, March 25th - 1:00 pm**

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all your insurance cards and a list of the medications you currently take.

**TRIPS! TRIPS! TRIPS!**

Friday, April 14th-16th—Penn Dutch & the Final Performance of Moses. Includes transportation, 2 nights lodging, 4 meals, tickets to "Moses" and touring. Cost is \$399/pp double, \$499/pp Single

Friday, Apr. 17th, 2015—Bingo Bonanza at Wright's Chicken Farm in Harrisville, RI. Lunch begins with a delicious family style chicken meal, salad, pasta, fries, and dessert. Once you've eaten, test your luck at BINGO with prizes galore. Motorcoach departs at 10:30 am and returns at 5:30 pm. Cost is \$51/pp.

Tuesday, April 21st, 2015—Neil Sedaka Live in Concert at Mohegan Sun Casino. Includes transportation, show ticket and \$30 Casino Gaming Package (Bet(s) & Meal Voucher). Cost is \$99 pp premium seats, \$89 pp general admission.

Tuesday, May 19th, 2015—Comedy "Late Nite Catechism". Includes transportation, lunch and show. Cost is \$89/pp.

July 18th-26th, 2015—8-day/7-night cruise Paris and the Heart of Normandy. Includes airfare, all meals, unlimited wines with dinner, and Old World highlights. Prices according to cabin selection.

Please call the Senior Center at 508-839-9242 if you have any questions or stop by and pick up a brochure.

We are always looking for suggestions for future trips.



# March 2015

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	3 <b>SHOPPING TRIP—Target</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	4 9:00 am Crafts 10:30 am Book Club 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	5 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	6 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing Group 10:00 am Independent Painting 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group
9 9:30 am Mat Yoga 10:00 am Legal Clinic w/Carolyn Spring 11:45 am Lunch 1:00 pm Pitch	10 <b>OUT TO LUNCH—The Old Timer's Restaurant</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	11 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	12 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahzee <b>2:00 pm COA Meeting</b> 6:30 pm Pitch 6:30 pm Stitch N Bitch	13 9:00 am AARP Tax Service 9:00 am Chair Yoga <b>10:00 am Massage</b> 10:00 am Singing Group 10:00 am Independent Painting <b>10:30 am Medication Presentation</b> 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
16 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	17 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social <b>10:30 am Pot of Gold Bingo</b>	18 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga	19 9:00 am Dup. Bridge <b>10:00 am Coffee with Lisa Castillo, Edward Jones</b> 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic	20 <b>SHOPPING TRIP—Solomon Pond Mall</b> 9:00 am AARP Tax Service 9:00 am Chair Yoga <b>10:00 am Rep. Dave Murdian</b>

	<p>10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p> <p><b>Happy St. Patrick's Day!</b></p>	<p>1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p><b>Office Hours</b> 10:00 am Singing Group 10:00 am Independent Painting 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group <b>Spring Begins</b></p> 
<p>23 9:30 am Mat Yoga <b>10:30 am Senator Moore's Office Hours</b> 11:45 am Lunch 1:00 pm Pitch</p>	<p>24 <b>SHOPPING TRIP—Walmart</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise <b>11:00 am Book Wagon</b> 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>25 9:00 am Crafts <b>10:30 am VNA Presentation</b> 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga <b>1:00 pm Podiatry</b> 1:00 pm Rummikub 3:00 pm Five Crown 5:30 pm Senior Yoga</p>	<p>26 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>27 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing Group 10:00 am Independent Painting 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Movie "Gravity"</p>
<p>30 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>31 <b>SHOPPING TRIP—Market Basket</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p><b>REMINDER: Daylight Savings Time begins on March 8th. Be sure to set your clocks forward one hour!</b></p> 		<p><b>ANNOUNCEMENT</b> Starting April 1st, the Senior Center will be offering van service to Auburn on Mondays. You will need to call 508-839-9242 at least 48 hours in advance to schedule your ride.</p>

## AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Snow, snow, and more snow. I don't know where we're going to put all the snow. The drifts are so high that I cannot open my back storm door. No exaggeration, the snow on the left side of the house has to be about four feet high. We have been more fortunate than the coast. They had heavy snow and high water causing destruction to their homes. Thankfully there were no deaths.

The DPW guys have worked around the clock to keep the roads open. Driving the trucks and pushing snow from side to side isn't easy. Mailboxes and fire hydrants can be damaged. Many thanks for their efforts.

All you folks who have opinions, including seniors, regarding One Grafton Common now have an opportunity to express your feeling at the Special Town Meeting on Saturday, March 7th at 10:00 at the High School. Plan on attending and casting your vote.

I had the pleasure of viewing the Vintage Collections jewelry display located near the Assessor's office. Items look very expensive and may be purchased from the staff of the Center for ridiculously low prices.

Doc. B. Will be at the Center offering podiatry services. He is also very comical. You will need to make an appointment by calling the Senior Center office to help you with your

Stay healthy and warm!! Spring will soon be here.



### BOOK WAGON

Grafton Public Library and the Friends of the Grafton Public Library will be at the Senior Center every fourth Tuesday of every month at **11:00 am**. The next visit is **March 24th**.

The Book Wagon will be filled with a variety of materials including books, movies, magazines and music. Staff will also be available to issue library cards.



### Come Join the Senior Center Chorus!!



The Senior Center Chorus is looking for more songbirds. Stop by on Fridays at 10:00 am.

## GIGGLES



This is dedicated to all of us who are seniors and to all of you will become seniors.

"WHERE is my SUNDAY paper?" The irate customer calling the newspaper office, loudly demanded to know where her Sunday edition was. "Madam," said the newspaper employee, "today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY!"

There was quite a long pause on the other end of the phone, followed by a ray of recognition as she was heard to mutter.... "Well, hell, that explains why no one was at church either."

P.S. Until you retire, you cannot fully appreciate this?

*Courtesy of Judy McKenzie*



## MOVIE OF THE MONTH

The movie selection for March will be "Gravity" starring Sandra Bullock and George Clooney. "As a medical engineer on her first shuttle mission she embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it—leaving the two floating through space tethered together, with no connection to Earth." Show begins at 1:00 pm on Friday, March 27th in the TV Room of the Grafton Senior Center. Be sure to sign up in advance as seating is limited. Popcorn is provided!!

## BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am. First come, first served, in the Bolack Room of the Senior Center, unless otherwise posted. We thank our wonderful volunteer nurse Mary Ellen!



## Visit the Senior Center's Vintage Collections

Beautiful donated jewelry is on display and for sale in the showcase next to the Assessor's office in the Municipal building. All proceeds go directly to the Senior Center. If you have jewelry that you would like to donate, please drop it off at the Senior Center. Thank you to those who have already donated many items.

HAVE YOU SEEN THE PROGRESS OF THE GRAFTON SENIOR CENTER’S  
RESTROOM RENOVATIONS???

Our 64 year old bathrooms are getting a much needed makeover!

As everyone is aware of, the Grafton Senior Center restrooms have not been updated since 1950 when the building was built! Well, that’s not the case anymore. Renovations are currently underway!!



The Senior Center is extremely grateful to everyone who has contributed to the Renovation Gift Account. Thank you to everyone who have made a generous donation and realize that **Our Seniors** deserve better!! A complete list of those who have made donations will be published in the May newsletter.

If anyone is still interested in making a contribution, please write a check to the Grafton Senior Center Renovation Gift Fund. Donations can be either mailed to or dropped off at the Grafton Senior Center, 30 Providence Road, Grafton, MA 01519.

Questions? Please contact Barbara Connelly, Director, Grafton Council on Aging  
Thank you again for your support!!

- COUNCIL ON AGING MEMBERS
- William Drago, Chair • William Cutler, Vice Chair
- Marcella Benoit, Secretary
- Rev. Phil Goff
- Annette McCarthy
- Barbara LaPoint
- Peter Shay
- STAFF
- Barbara Connelly, Director
- Nancy Malone, Secretary/Bookkeeper
- Lisa Kelley, Outreach Worker
- Martha Charter, Van Driver
- Bryan Dudley, Van Driver
- Kerry McDougall Lewis, Activities Coordinator
- Karen Kosiba - Meal Site Manager

TOWN OF GRAFTON  
GRAFTON SENIOR CENTER  
30 PROVIDENCE ROAD  
GRAFTON, MA 01519